

LumbarBench



User Manual

Please read the instructions and cautions carefully before using the product

Parts Included

(A) Bench Frame



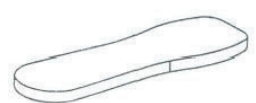
(B) Foot Stand (1 Piece)



(C) Left and right arm rests
(2 Pieces)



(D) Back Pad (1 Piece)



(E) Crank Rod (1 Piece)



(F) Arm Rest Caps (4 Pieces)



(G) Foot Rest Bar (2 Pieces)



(H) Foot Rest Foam Pads
(4 Pieces)



(I) Air Bag Waist Cushion (1 Piece)



(J) M6 Nut (1 Piece)



(K) M8 Nut (4 Pieces)



Aerial View of Partrs



(L) M7 * 50 Bold (2 Pieces)



(M) M7 * 35 Bold (2 Pieces)



N) Screws for Back Pad (6 Pieces)



(P) Adjustable Floor Pads (4 Pieces)



(Q) Inner Hexagon Wrench M6 (1 Piece)



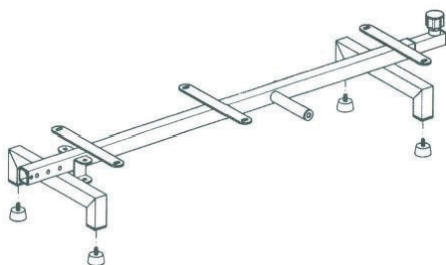
(R) Open-mouth Wrench (1 Piece)



Installation schematic diagram

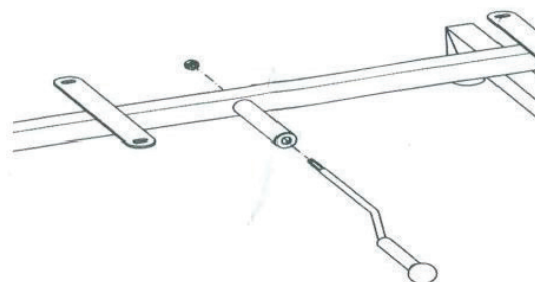
Step 1

Install the adjustable floor pads. Screw in four adjustable pads (P) into each of the corners as shown



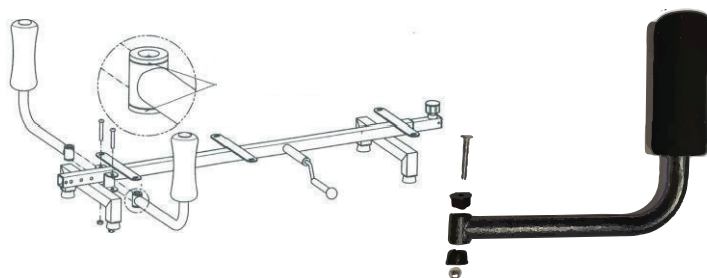
Step 2

Install the crank rod (E) as shown, insert the crank rod (E) through the main frame (A) and tighten it with the M6 nut (J)



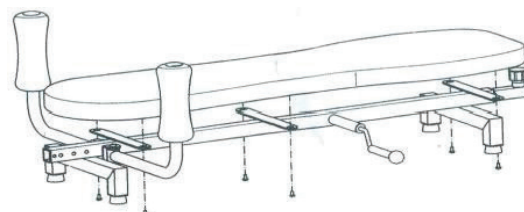
Step 3

Install the left and right arm tubes. Install the arm rest caps (F). Then place the left and right arm tubes (C) into the main frame (A) and align the holes. Pass through the hole with the M8 bold (L) and tighten with the m8 nut (K)



Step 4

Install the foot rest bars into the foot stand. Insert the foot rest bars (G) into the corresponding holes of the foot stand (B) and use the M8 screw (M) with the M8 nut (K) to tighten the foot rest bar until secure.



Installation schematic diagram

Step 5

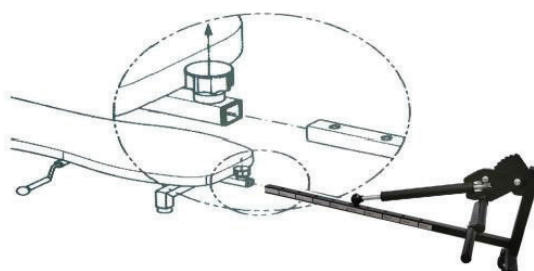
Loosen the fixed pin on the main frame (A) and insert the foot stand (B) into the main frame (A), Release the fixed pin to insert into the hole on the foot stand (B) in order to lock into place. (After installation, if the foot stand feels loose, tighten it by rotating the pin)



Step 6

Connect the main frame and the foot stand

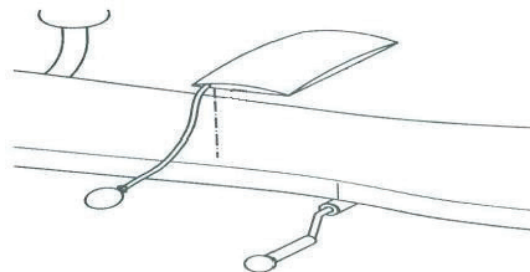
Loosen the fixed pin on the main frame (A) and insert the foot stand (B) into the main frame (A), Release the fixed pin to insert into the hole on the foot stand (B) in order to lock into place. (After installation, if the foot stand feels loose, tighten it by rotating the pin)



Step 7

Install the Airbag waist cushion

Place the airbag waist cushion (I) over the back cushion as shown below. (Use the air pump ball to inflate, and press the vent valve to deflate)



Operating Instructions

1. Push the Crank Rod(E) towards the foot rests and pull the Foot Stand (B) to its shortest position.
2. Lie on the Lumbar Bench with the arm rests © under and supporting your armpits. Straighten your body and legs to determine if a height adjustment needs to be made.
3. To make a height adjustment, loosen the adjustment knob at the base of the back rest and slide the foot stand (B) to adjust to the proper height. Lock in the desired position by tightening the adjustment knob into the desired adjustment hole until it is secure.
4. When at the correct height, pull the foot rest lever back so you have room to place your ankles between the foot rest foam pads (H). Pull down on the lever to lock and secure your feet in a position that comfortably holds your ankles. Lie back with the arm rests © under and supporting your armpits.
5. To stretch, pull the crank rod (E) back and forth as many times as needed to reach the proper stretch. Stop pulling at the desired stretch position and stay at the stretch position for a few minutes. To release, push the crank rod (E) firmly toward your feet.

Cautions and Warnings

1. Please do a thorough review of the Owner 's Manual before use.
 2. We recommend that two people be available for assembly of this product.
 3. Not for use by children. Keep children and pets away from the Lumbar Bench when it is in use.
 4. Set up and operate the Lumbar Bench on a solid level surface.
 5. Do not position the Lumbar Bench on loose rugs or uneven surfaces.
 6. Before using, inspect the Lumbar Bench for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
 7. Avoid stretching past the point of comfort in order to avoid any risk of injury during use.
 8. Do not wear loose or dangly clothing while using the Lumbar Bench.
 9. Please wear proper footwear that fits well, provides foot support, and features non-skid rubber soles.
 10. Be careful entering and exiting the lumbar bench to avoid a loss of balance.
 11. The Lumbar Bench should not be used by persons weighing over 250 pounds.
 12. The Lumbar Bench should be used by only one person at a time.
 13. If at any time you experience any adverse reaction, discontinue use immediately and contact your supplier.
 14. If you are using this device for a medical condition, or have an existing medical condition, please consult your physician before use.
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